

USA Dance is a national organization dedicated to promoting ballroom dancing. We are a non-profit, volunteer organization. Membership in Piedmont USA Dance is open to persons of all ages. Local USA Dance members range in age from 14 to 84. Our dance experience covers an equally wide span. Some members are beginners; others have been enjoying ballroom dancing for decades.

While we are mostly amateur dancers, we have several professionals who are associate members.

There are numerous outstanding instructors in the area who offer both group and private instruction – for beginners, intermediate, and advanced students. Some are offered through private studios, some at the YMCAs, some through schools, and some through city or county recreation departments.



*Dancing is a wonderful way to add
years to your life and life to your
years!*

Ballroom dancing is sustained physical movement. When done over a period of 30 minutes to several hours, a significant aerobic workout can result. Isometric and isotonic resistance during dancing helps muscle tone.

Emphasis on frame and form in ballroom dancing enhances posture and alignment of the body. Continuous movement of the joints helps to avoid arthritis and joint discomfort.

Ballroom dancing offers many mental and emotional benefits. The dance position is suggestive of a hug without the need for intimacy. Self-esteem is enhanced as skill is increased and confidence is built.

Learning the steps and techniques of ballroom dancing can provide mental stimulation to persons of all ages.

For more information about Piedmont NC
USA-Dance and a calendar of events:
PiedmontNCUSABDA@aol.com,
check our web site at
www.ballroom-dancing.org
or call (336) 712-8183

Presenting

**Piedmont NC
USA Dance**

*An organization composed of
ballroom dancers who love to dance
and are delighted to share the
experience with others interested in
dancing.*



Piedmont NC USA Dance

is a chapter of the national USA Dance organization. We meet on the fourth Sunday of each month for a Ballroom Sunday dance at The Jerry Long Family YMCA, 1150 S. Peacehaven Road in Clemmons:

Time is 4:00 until 6:30 PM. (The YMCA is just west of Winston-Salem. From Interstate 40 take the Clemmons Exit. Turn north onto Lewisville/Clemmons Road traveling away from downtown Clemmons. Turn left onto Peacehaven Road at the first traffic light not associated with I-40. Go less than ½ mile and turn left. Go in the main entrance of the Y and enjoy a great dance. For additional information call (336) 712-8183.

We have a 30-minute lesson at the beginning of our monthly dances. Local Instructors are engaged for the pre-dance lessons. The lessons cover different dances. We also sponsor, in conjunction with local dance instructors, specialty ballroom dance classes.

For those who are just starting ballroom dancing, we offer annual introductory 6-week classes for Piedmont NC USA Dance members at no additional charge.

We have special events:

- ✓ Workshops featuring outstanding, dancer/instructors who offer individual coaching as well as group classes.
- ✓ An annual Black Tie Dance

- ✓ A Bi-annual Charity Ball
- ✓ Periodic Saturday night dances
- ✓ A Holiday Premier Promenade to begin the annual holiday season.
- ✓ A Christmas Party or A New Years Party
- ✓ A Beginners Ball
- ✓ Special Events at Ballroom Sundays throughout the year.

Competitors are encouraged and recognized for their accomplishments. Some of us choose to compete with others; most of us choose to compete only with ourselves.

A major goal of the chapter is to keep members informed of times, places, and dates of dances. Special



opportunities sponsored by other dance organizations are announced in our monthly newsletter. Both special and regular dance opportunities are listed on our web site.

One of the best ways to get to understand an organization is to hear what the members say about it. Here are some of the things our members like about Piedmont USA Dance:

- { Dancing with a group of non-judgmental, enthusiastic, friendly dancers
- { The Magazine, *American Dancer* – Informative articles on dancing and music a great resource for conferences and competitions
- { The Newsletter – with local dance contacts, member news, and updates about club happenings
- { Vast Video/DVD Library – Top instruction on dance steps and techniques for beginner through professional dancer
- { Competition – many competitions require USA Dance membership
- { Make great friends
- { Both singles and couples are welcome
- { Exposure to a variety of dancers from novice to instructor
- { New steps and technique pointers at pre-dance lessons each month
- { Outstanding web site
- { Upbeat music and large dance floor
- { Variety of dances: Waltz, Fox Trot, Cha Cha, Swing, Jive, Tango, Samba, Mambo, Quickstep, Shag, Viennese Waltz, Rumba, Hustle, Merengue, Bolero, an occasional Paso Doble or even a line dance!

We come from many dance studios and benefit from the instruction of numerous outstanding instructors – many of whom we meet at Ballroom Sundays.

Let's Dance!